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BUDGET LEAK

Game-changer: Big win for cities

Billions pledged for social, green infrastructure and transit

Ottawa appears ready to boost its share of the funding it provides municipalities as it looks to fast-track an infrastructure spending spree, Torstar News Service has learned.

Finance Minister Bill Morneau will take the wraps off the Liberals' first budget on Tuesday.

And sources say municipal officials can expect good news on two fronts: A change to the traditional one-third funding formula — at least for some projects — and financial help for the prep work needed to get those infrastructure projects off the ground.

Prime Minister Justin Trudeau on Thursday previewed the upcoming fiscal blueprint, saying his government has chosen "investment" over "austerity."

Trudeau also confirmed that the Liberals will use the upcoming budget to roll back the age of eligibility for Old Age Security payments to 65 from 67 as promised, reversing a change introduced by the previous Conservative government.

The Liberals pledged a big hike in infrastructure funding during last year's election campaign — an extra $60 billion over the coming decade. The budget will detail the government's plan to roll out the cash in two phases.

The initial phase, to be stretched over two years, will allow infrastructure cash to be spent on existing projects. Billed as "recapitalization," it will enable municipalities to tackle a backlog of unfunded work.

Trudeau confirmed Thursday that the government's initial focus will be on funding repairs to existing infrastructure.

"The first two years, we're going to do the unsexy things that governments hate to announce, recapitalization of infrastructure, maintenance, upgrades, the things that you don't get to cut a ribbon and announce a shiny new building on," the prime minister said in an interview with Bloomberg.

Another source said the nature of this early work would allow projects to quickly get underway.

"It's repair. It's maintenance. It's all the kind of stuff that needs to get done that hasn't been done for a long time. That stuff is ready to go because you don't need to do environmental impact studies, all the process stuff," said the source, who spoke on background because of the sensitivity of ongoing budget discussions.

And to help cash-strapped cities get some projects off the ground, the government appears ready to provide additional funding, over and above the one-third share that Ottawa paid in the past.

Typically, the cost of infrastructure has been split equally between municipalities, provinces and the federal government. But municipal leaders have appealed to the federal government to consider paying a greater share — up to 50 per cent — with the provinces paying around 33 per cent and municipalities on the hook for 20 per cent. It appears that appeal has hit home, with one source saying the one-third funding formula is a "thing of the past."

TORSTAR NEWS SERVICE

What does it mean for Vancouver?

Emily Jackson
Metro | Vancouver

Metro Vancouver's $7.5-billion transit plan is ready to roll, but has been stalled by the existing funding model that requires the region to pony up one third of the cash.

Local mayors tried to drum up their share by introducing a 0.5 per cent regional sales tax last spring, a scheme that voters soundly rejected in a referendum. Since then, the plan that includes a Broadway subway, two LRT lines in Surrey and a new Pattullo Bridge has been parked.

That could all change on Tuesday.

If the federal government offers more than its traditional share of major infrastructure projects — cities, the province and the federal government typically split costs three ways — the region could clear the biggest hurdle to getting shovels in the ground.

Since some of the projects are ready to implement and don't require environmental assessments, residents could potentially see transit improvements as early as this year.

More on budget, page 3

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Your essential daily news

Spotlight on Cuba: How Canada made the Cuba-U.S. meeting happen. **World**

4 INFRASTRUCTURE PROJECTS ON THE WISH LIST

Emily Jackson
Metro | Vancouver

Prime Minister Justin Trudeau's first federal budget is expected to spend big on infrastructure in cities across Canada. It's not clear how much of that cash will go to the West Coast — let alone to Metro Vancouver — but local mayors have long been clamouring for cash for their $7.5-billion transit plan. If Metro Vancouver gets money to spend, it's a safe bet a large chunk will go toward transportation. Here is a look at the major projects mayors hope to see.

The Calgary C-Train is an example of light-rail transit. METRO FILE

1 Surrey rapid transit: $2.14 billion

Two light-rail transit (LRT) lines with about 19 stops would be built in Surrey and Langley to bring rapid transit to one of the fastest-growing cities in Canada.

The mayors' council calls for one line along 104th Avenue and King George Boulevard to connect Guildford Town Centre, Surrey City Centre and Newton Town Centre. The second line along the Fraser Highway would run from Surrey City Centre to Langley.

Surrey Mayor Linda Hepner has promised to get these lines built by 2018.

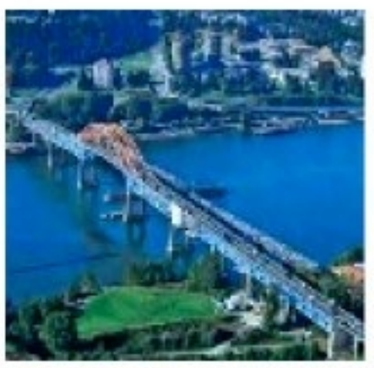
Broadway in Vancouver. JENNIFER GAUTHIER/FOR METRO

2 Broadway subway: $1.98 billion

A subway along Broadway that will run from VCC-Clark station to Arbutus street — and one day, for an extra billion dollars, all the way to the University of British Columbia — has long been the City of Vancouver's ultimate transportation dream.

Politicians and bureaucrats argue the line is needed to deal with the volumes of people headed to the university and to businesses along Broadway.

Some people worry the subway will encourage high density or even tall towers along Broadway.



The Pattullo Bridge. CONTRIBUTED

3 Pattullo Bridge replacement: $980 million

One of the busiest bridges in the region — especially now that drivers use it to avoid the toll on the Port Mann Bridge — is definitely in need of replacement.

But in the absence of funding, the region keeps doing construction to fix the Pattullo Bridge, which is perpetually under repair.

Mayors hope to build a brand-new bridge that is up to snuff when it comes to lane width and seismic standards.

The Expo Line near Science World. JENNIFER GAUTHIER/FOR METRO

4 Expo and Millennium line improvements: $765 million

Getting frustrated with recent SkyTrain breakdowns? Apparently the local mayors are, too.

A sizeable chunk of the transit plan would go toward upgrading the existing transit lines and buying more train cars to meet demand on the busy commuter route. It would also fund upgrades to stations and computer systems.

This would likely be the easiest spending to implement, as it doesn't require new construction.

ONTARIO GAS PLANTS

B.C. Liberals reinstate executive director charged in scandal

British Columbia's Liberal Party is bringing back its executive director even as she faces criminal charges connected to a long-running document-deletion scandal in former Ontario premier Dalton McGuinty's office.

The B.C. party said Thursday in a statement that its executive board had unanimously decided to reappoint Laura Miller, who stepped aside from her duties last December to organize her defence against the three-year-old charges.

"Our party has undertaken a thorough process on this matter," said a statement by party president Sharon White. "After careful consideration and discussion, the party's executive board has asked Laura to return as executive director. That decision was made unanimously, reflecting the full confidence we have in her."

The party statement also includes comments from Premier Christy Clark.

"I support the decision reached by Sharon and the executive," said Clark's statement. "It's the fair and right approach, one that respects our court process, including the fundamental principle that every person is innocent unless proven otherwise."

The premier's statement said Miller is known for her work ethic and integrity and she welcomed her return.

B.C. Opposition New Democrat Leader John Horgan acknowledged the charges against Miller have not been proven in court but suggested the court of public opinion will not be kind to the Liberals.

> **Clark believes it's OK to have the most senior official in that organization under a cloud.**
> Opposition NDP Leader John Horgan

"The B.C. Liberal Party is OK with having at the top of their organization someone being charged with breach of trust and mischief in another jurisdiction," he said.

Natural Gas Development Minister Rich Coleman, who is the B.C. Liberal Party's election-readiness co-ordinator, said if the party brass supports Miller, he is behind the move.

He described Miller as a top-notch political organizer who runs excellent election campaigns.

"Frankly, from my experience, I'd say she's one of the best in the country," said Coleman.

He said Miller has the right to continue her employment even though she faces criminal charges.

The B.C. Liberals are seeking their fifth consecutive mandate in May 2017.

Coleman said the party will "cross that bridge" if and when Miller's court schedule conflicts with the election campaign. He said he has not even thought about the prospect of Miller being convicted.

Coleman said he and the party considered the likelihood that Miller's return would be the subject of NDP attacks but decided she had the right to return to her post, and everybody wanted her back.

"The NDP has already said it was going to attack Laura Miller whether she was back with us or not," he said. "They've already said publicly, even in the last couple of weeks, it's going to be a very negative campaign. We expect all of these slings and arrows to come, but I'm not worried."

Miller was charged alongside another aide to former premier McGuinty in connection with the deletion of government documents related to two cancelled gas plants.

Miller and David Livingston, who were deputy and chief of staff respectively, face charges of breach of trust and mischief. Their case is now working its way through the courts.

Both have denied the charges.

THE CANADIAN PRESS

SeaWorld breeding ban won't affect Vancouver Aquarium

ANIMAL WELFARE

Captive whales and dolphins are 'absolutely vital', says VP

Matt Kieltyka
Metro | Vancouver

The Vancouver Aquarium's general manager doesn't expect it to change after SeaWorld announced sweeping changes on Thursday.

In the face of falling revenues and intense public pressure, the U.S. theme park operator announced it is ending its orca breeding program effective immediately and doing away with circus-like public performances in favour of more educational programming.

Clint Wright, senior vice-president and GM of the Vancouver Aquarium, told Metro it hasn't had killer whales in captivity since 2001 and has been gearing toward more educational presentations with its remaining captive sea mammals (several belugas, a Pacific white-sided dolphin and a false killer whale) "for a long time now".

"I think, for us, (the SeaWorld announcement) was a little bit of a surprise because we didn't have a lot of notice beforehand," said Wright, calling from Valencia, Spain, where the aquarium recently won a bid to take over operation of Oceanografic. "In terms of the work and research being done, it's along the lines of what we committed to doing in 2006. So for us, it doesn't change anything."

A trainer paces her hand inside the mouth of Beluga whale Aurora at the Vancouver Aquarium in Vancouver on June 25, 2014. DARRYL DYCK/THE CANADIAN PRESS

Wright said the remaining orcas in SeaWorld's facilities are still expected to live for several decades and trusts they'll be well looked after.

He also defended breeding programs and generally keeping cetaceans in captivity, despite the heated debate swirling around the issue.

"I think it's absolutely vital what we do," he said.

"It's such a limited resource for researchers to work in a controlled setting and then apply that to the wild. We can't ignore that. Belugas are facing issue like they've never had before. Connecting people to real issues in the Arctic is something we feel is really important."

The Vancouver Aquarium was facing questions over its whale and dolphin breeding programs two years ago when the Vancouver park board tried to impose a breeding ban on it.

REAL ESTATE

NDP town hall talks housing

Emily Jackson
Metro | Vancouver

Stories about Metro Vancouver's insane real estate market haven't yet been enough to convince the B.C. Liberals to adopt taxes meant to quell prices, but NDP MLA David Eby hopes a series of town halls around the region will make the government listen.

The day after 700 people attended an emergency housing town hall held by Eby in Vancouver, the province quashed two measures proposed by the NDP to restrict activities suspected of boosting housing prices. One bill proposed taxing owners who leave homes vacant and one recommended closing loopholes in the property transfer tax.

The province dismissed the ideas, but Eby hopes a series of forums in Coquitlam, Surrey, Burnaby and Victoria will convince them otherwise.

"I'm hopeful the government will change their tune once they realize the depth of the concern that's out there," Eby said.

HOT PURSUIT

High-speed car chase with police ends in two arrests

Two suspects have been arrested following a police chase that started in Coquitlam and ended in Abbotsford early Thursday.

Police say the chase started in the 2900 block of Silver Springs Boulevard in Coquitlam when officers responded to reports of a vehicle associated with "suspicious activity."

When officers arrived, the vehicle took off, hitting a marked police car as it fled the area.

An RCMP helicopter tracked the vehicle fleeing eastbound on Highway 1 into Surrey where it collided again another marked police car.

The vehicle while brought to a stop in Abbotsford when officers deployed a spike belt.

After a short foot chase, the two suspects were taken into custody near the Mt. Lehman exit of Highway 1 just before 12:30 p.m., police said. THANDI FLETCHER/ METRO

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Kendall and Kylie Jenner have launched a full line of tailored, feminine pieces *(dress, $328)* and shoes that speak to the sisters' differing tastes when it comes to dressing. *Available at Hudson's Bay Montreal Downtown, Toronto Queen Street, Toronto Yorkdale, Burlington Mapleview Centre, Calgary Chinook Centre, Edmonton Southgate Centre, Vancouver Downtown and thebay.com*

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New to our men's shoe department are sporty kicks by Under Armour *(pictured, $120)*, Reebok and Puma. *Shop select stores and thebay.com*

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HEALTH CANADA

Insite granted a four-year exemption

Matt Kieltyka
Metro | Vancouver

Insite has been granted Health Canada exemption to operate legally for the next four years, Vancouver Coastal Health announced Thursday.

The multi-year exemption is a break from the regime established under the Conservative government in Ottawa, which required Canada's first supervised injection site to apply for federal exemptions annually since 2011 after its bid to shut the facility down failed in the courts.

"We are encouraged by Health Canada's willingness to voluntarily move to a multi-year exemption for Insite," said B.C. Health Minister Terry Lake in a statement. "It reflects an understanding of the tremendous value the facility has, and signals that Insite is an important part of health services within the Vancouver community in the eyes of the federal government."

The exemption allows Insite, which opened in 2003, to operate outside the Controlled Drugs and Substances Act. Canada's only other supervised injection site is also in Vancouver.

The Dr. Peter Centre was recently granted a two-year exemption as well, allowing it to keep offering a supervised injection site for its clients.

With the new Liberal government more receptive to harm reduction initiatives like Insite, Vancouver Coastal Health said it intends to apply for more exemptions "to incorporate supervised injection into other existing health care services for those suffering from addiction."

Other cities have expressed interest in doing the same.

Insite serves 600 to 800 clients daily and has supervised more than two million injections in total, according to Vancouver Coastal Health. There has not been a single overdose death at the facility since it opened.

Brandon Durieux, who was diagnosed with acute myeloid leukemia, is undergoing treatment at the MD Anderson Cancer Center in Houston, Texas. COURTESY DURIEUX FAMILY

Concert aims to benefit cancer patient

FUNDRAISING

B.C. woman hopes to hold annual event

Thandi Fletcher
Metro | Vancouver

They may have never met, but that isn't stopping a B.C. woman from trying to help raise funds for a local man with an aggressive form of leukemia who is undergoing treatment in the United States.

Lori Watson has teamed up with country singer Rod Black to host a benefit concert, taking place April 2 at Cloverdale Fairgrounds, to raise funds for Brandon Durieux, a 24-year-old diagnosed with acute myeloid leukemia, an aggressive form of cancer that affects the blood and bone marrow.

"This all sprang from nothing two weeks ago," Watson told Metro, who explained that she first heard about Durieux from a server at Cactus Club who is friends with his sister. "I really just wanted to do something. The story just caught me."

Durieux, who has run out of treatment options in Canada and was told he was terminally ill less than two months ago, is now seeking treatment at the MD Anderson Cancer Center in Houston, Texas. According to family, the experimental treatment is working, but is expected cost at least US$224,000. A stem cell transplant is also expected to cost up to US$1.2 million.

After reaching out to Durieux's family, who live in White Rock, Watson said she and Rod Black decided to plan a barbecue to help raise funds.

As more people became involved, the idea eventually snowballed into a concert and silent auction, which Watson said they hope to make an annual charity event.

Watson said they are now hoping to sell 400 tickets to fill the venue and help out Durieux and his wife, Michelle.

"The family is obviously exhausted trying to fund-raise and help Brandon get better," she said. "He's the kind of the person that the world needs. Anything we can do to keep him around is a good thing."

In addition to raising funds, Watson said she hopes the event will also help raise awareness of the costs of medical care for Canadians who have run out of treatment options in this country.

Out-of-country treatment that is considered experimental or still in the research stage is typically not eligible for coverage by provincial health insurance.

"We want to shed some light on the fact that maybe we all need to be a little more proactive and less reactive with our own health-care system," she said.

Tickets for the benefit concert at $25 and are available at fromtheheartofcountry.ca.

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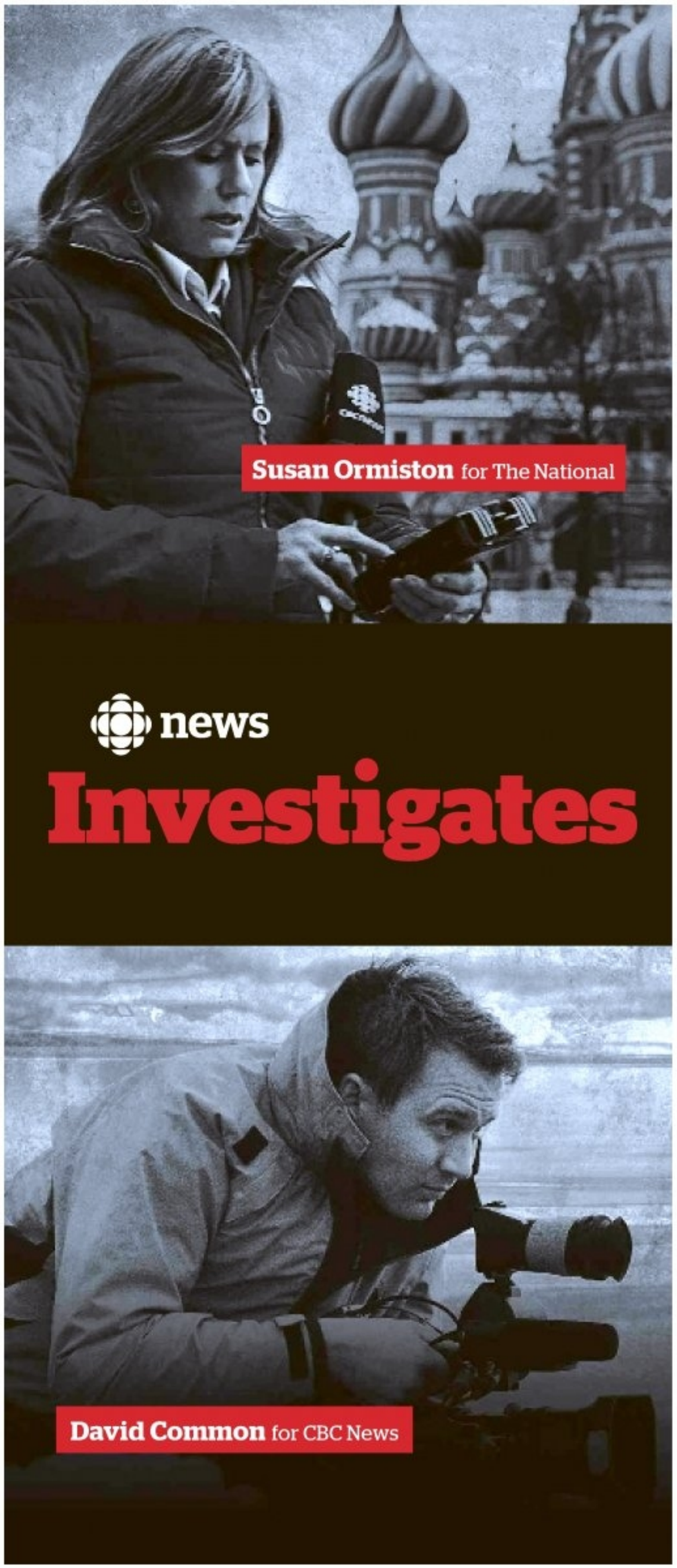

Kenneth Knutson pleaded guilty to attempted murder. FACEBOOK.COM

16-year term for shooting Mountie

GUILTY PLEA

Officer didn't even pull his weapon at traffic stop

A man who shot a Mountie at a traffic stop in Kamloops has been sentenced to 16-1/2 years in prison for what the judge called a heinous crime.

Kenneth Knutson, 38, pleaded guilty to attempted murder earlier Thursday before joint submissions for the sentence from Crown and defence lawyers.

Knutson shot Cpl. Jean-Rene Michaud in December 2014. He was arrested after a 12-hour manhunt.

Knutson appeared in court wearing orange prison garb and periodically peered into the gallery, where 10 officers were seated, including Michaud and his wife Colleen Michaud.

Knutson was ordered to stand trial after a preliminary hearing last December before entering a guilty plea Thursday. Other charges, including aggravated assault and two firearms-related offences, were dropped against him.

Court heard Michaud pulled over a vehicle in the early hours of Dec. 3, 2014, approaching Knutson from the passenger side after the driver had failed to stop earlier.

In a statement read in court, Michaud said the vehicle's rear window was blown out. Then a gunshot hit him in the stomach, and a second shot struck him in his elbow.

He did not pull his own gun.

Police later determined six shots were fired, and two had lodged in Michaud's bullet-proof vest.

B.C. Supreme Court Justice Austin Cullen said Knutson committed a heinous crime against an officer who was working to protect the community.

Michaud endured 12 surgeries and spent 112 days in hospital before returning to full-time duties in January.

His wife has said he suffered countless complications and setbacks while recovering from extensive injuries, which court heard included a collapsed lung and broken rib.

Michaud did not comment, but Supt. Brad Mueller read a statement from the Mountie at a news conference, in which he thanked the community of Kamloops and people across the country for supporting him and his family.

"We are happy to be moving forward in our lives from this and today it will make it that much easier to do so," he said.

Knutson is expected to serve 14-1/2 years in prison.

THE CANADIAN PRESS

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Pay hike process 'not ideal'

CITY HALL

Councillors' $80,000 raise approved at late meeting

Emily Jackson
Metro | Vancouver

The process behind Vancouver councillors' decision to raise their pay by 12.6 per cent to approximately $80,000 at a late night meeting in February was "not ideal" and "regrettable," councillors told Metro Thursday.

While councillors have long been expected to give themselves a raise — Mayor Gregor Robertson said it was one of his first orders of business after being re-elected in 2014 and a December 2015 report stated a pay hike was in order — the specific details of the raise weren't released until Green Party Coun. Adriane Carr tabled a motion at the end of a long meeting on Feb. 24 that most media (including Metro) missed.

Vancouver councillors admit the decision process regarding a pay raise could have been more transparent. EMILY JACKSON/METRO

A report on elected official compensation was on the agenda for the meeting, but it did not include specifics of the pay increase, including a bonus for the acting mayor, an annual supplement of $3,048, a one-time payment of $3,048, a base pay increase of $8,968 and a one-time payment of $8,968.

These details could only be found in minutes of the meeting posted online after the fact. There was no press release.

"It's regrettable the details were not all made public," Carr said Thursday. She explained that the numbers came from a staff report councillors received two days before the meeting.

It's part of a larger problem of reports not being made public before meetings, such as the vacant housing report that caused a stir earlier this month, Carr said.

"I defend the details, but I think the process should have been more open," she said.

> **"I defend the details, but I think the process should have been more open.**
> Adriane Carr

"It was not the ideal process for sure," Non-Partisan Association Coun. George Affleck agreed. "It's not the way it should have been communicated."

For his part, Affleck voted against the increase even though it brings councillors pay in line with similar-sized cities. (Councillors make $89,346 in Winnipeg, $78,713 in Brampton and $84,465 in Mississauga.)

"I knew what the salary was going into this job. Anything above the rate of inflation would go against everything I stand for," Affleck said, adding he respects council's decision.

Still, Affleck will get the extra cash. It's a "weird" process to give it back, so he said he plans to donate more to charity this year.

COURTS

Case of ski resort versus First Nation to be heard

The Supreme Court of Canada has agreed to hear a case involving a First Nation that claimed development of a B.C. ski resort would interfere with its religious practices involving the spirit of the grizzly bear.

The Ktunaxa Nation sued after the Jumbo Glacier Resort was given the OK from the provincial government in March 2012 for construction in Upper Jumbo Valley, 55 kilometres west of Invermere. The suit said the development would desecrate sacred land practices.

Both the B.C. Supreme Court and B.C. Court of Appeal dismissed the claim, noting that the process had dragged on for more than two decades.

The courts ruled that approval of the development did not violate the rights of the Ktunaxa, and there was reasonable consultation.

As usual, the Supreme Court gave no reasons for its decision to hear the case. THE CANADIAN PRESS

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VANCOUVERING

with icons by **Danielle Vallée** from the noun project

Add a little spring to your workout routine

A new fitness studio is first in the city to offer mini trampoline classes

HEALTHY OBSESSION

Thandi Fletcher
Metro | Vancouver

If going for yet another run on the seawall sounds about as enticing as losing a toenail, this new Vancouver fitness trend might put some bounce back in that step.

Seacity Fitness, which opened last week, has become the first studio in the city to offer a mini trampoline class — or "mini tramp," as the cool kids are calling it — a low-impact cardio workout that lets adults leap back into their youth.

"It's really fun," owner Jackie Lede told Metro. "It's almost like you're a kid again and you're jumping on the trampoline, except with good, fast-paced music so it's almost like you're dancing as well."

PUTTING THE BOUNCE BACK IN FITNESS

Also known as rebound exercise, or rebounding, mini tramp classes are skyrocketing in popularity in cities across North America.

Lede came up with the idea of bringing mini tramp to Vancouver during a recent trip to New York, where she said the classes were often full at some boutique studios.

While the exercise might seem like a new trend for some, anyone over 30 will likely remember growing up with a mini trampoline in their home or seeing the exercise videos on TV.

Mini tramp first reached the height of its popularity in the early 1980s before the fad faded out. Now with higher quality equipment, the exercise is experiencing another upsurge in interest.

"We actually had a mini trampoline when I was a kid," Lede said with a laugh. "I would play on it but I never thought I'd one day be doing a fitness class on it."

Lede said mini trampoline offers a low impact form of cardio that's easy on the joints. Classes consist of a mix of cardio activities like jumping jacks, toe taps and running on the spot, along with strength-training moves, all with the trampoline as a prop.

Science also seems to support the sport's touted health benefits.

"A lot of people either do running or spinning to get their cardio, but with the spin bike, you're still sitting and you're kind of hunched over," said Lede. "The trampoline allows you to stand up and still get a good workout in."

For those afraid of heights, Lede said there's no need to fret.

Beginners are encouraged to jump downward, rather than straight up, which keeps the moves controlled, said Lede.

"We never want our clients to feel unstable and so far we haven't had any problems," she said. "The feedback has been great."

Mini-tramp classes are letting adults be kids again, while breaking a sweat. COURTESY SEACITY FITNESS

Union Market and the Wilder Snail in Strathcona, and Le Marché St. George in Fraserhood are neighbourhood haunts frequented by local folks. AMY LOGAN/FOR METRO

Welcome to the neighbourhood

VANCOUVER TRENDING

CORNER STORES

Amy Logan
For Metro | Vancouver

On a typical spring morning in Strathcona, the cherry blossoms are in full bloom and a cluster of regulars sits on the patio at the Union Market (810 Union St.).

Inside, customers and staff know each other by name, joking amicably as they wait for their espressos and eye up the sugary, still-warm orange fritters.

The hardworking Gloria Bernardino (who just happens to be celebrating her birthday when interviewed) is there from 6:30 a.m. until closing, the "first one in and the last to leave."

The Union Street Market has been in her family since 1993 and is as much a part of the fabric of the neighbourhood as it is of her life.

A template of just how transformative a corner store can be, the Union has somehow always understood how to change with the times. Begun as a Chinese laundry in 1913, the building has a colourful history having, for example, housed a confectionery with bootlegging in the back. Since 1962, it has operated as a successful grocery store with Portuguese owners, first the Gomeses and later the Bernardino family.

These days, older corner stores in Vancouver are being re-imagined. Their unique locations, nestled in residential neighbourhoods across the city, make them ideally suited to the role of community hub.

A few blocks away is the Wilder Snail (739 Keefer St.), which began as a grocery store in 1915. Its location across from a large park means dog-owners and parents are frequent visitors, and there's always an artist or two deep in inspiring conversation.

Le Marché St. George (4393 St. George St.), straddling Fraserhood and Mount Pleasant, demonstrates just how fully a reborn convenience store can become a cornerstone of the community.

At The Mighty Oak (198 W. 18th Ave.), neighbours also convene for conversation over coffee and freshly baked croissants, or browse through grocery offerings.

Back at the Union, Gloria's son David is a prime example of why corner stores mean something to a neighbourhood. The kind of guy who lends his bike to customers with a flat, he noted, "Everyone in the neighbourhood has each other's backs."

FOOD NOTES FAT MAO

Angus An's newest delectable dish

Erin Ireland
Metro | Vancouver

Award-winning chef Angus An is a busy man. Last year, he added two restaurants to his collection: Fat Mao (217 E Georgia St.) and Freebird Chicken Shack (Maenam and Longtail Kitchen are his first and second-born).

An splits his time between all four of his establishments, but these days, he's dedicated to Fat Mao, his seven-month-old Chinatown noodle shop that recently launched a revamped menu. One item in particularly has me urging everyone I know to visit this tiny, spic-and-span Thai-Chinese noodle bar: the coconut and mushroom noodle bowl ($10.99).

The dish's highlight is the rice sheet noodles, which are unlike any I've tried. They are as the name implies: wide and thin with an addictive soft-chewy texture. Demand is so high, An is now outsourcing this magic ingredient, which is made fresh daily nearby. They are submerged in a rich, galangal-infused coconut broth that glistens with raindrop-like specks of oil. Baby corn, mixed mushrooms, bean sprouts, fresh lime, peppers and cilantro fill the bowl. You will savour every drop.

Fat Mao is open for lunch and dinner seven days a week from 11:30 a.m. to 9 p.m., and if you're craving noodles after work, get there from 4–7 p.m. for a can of beer and a bowl of noodles on special for $14.99.

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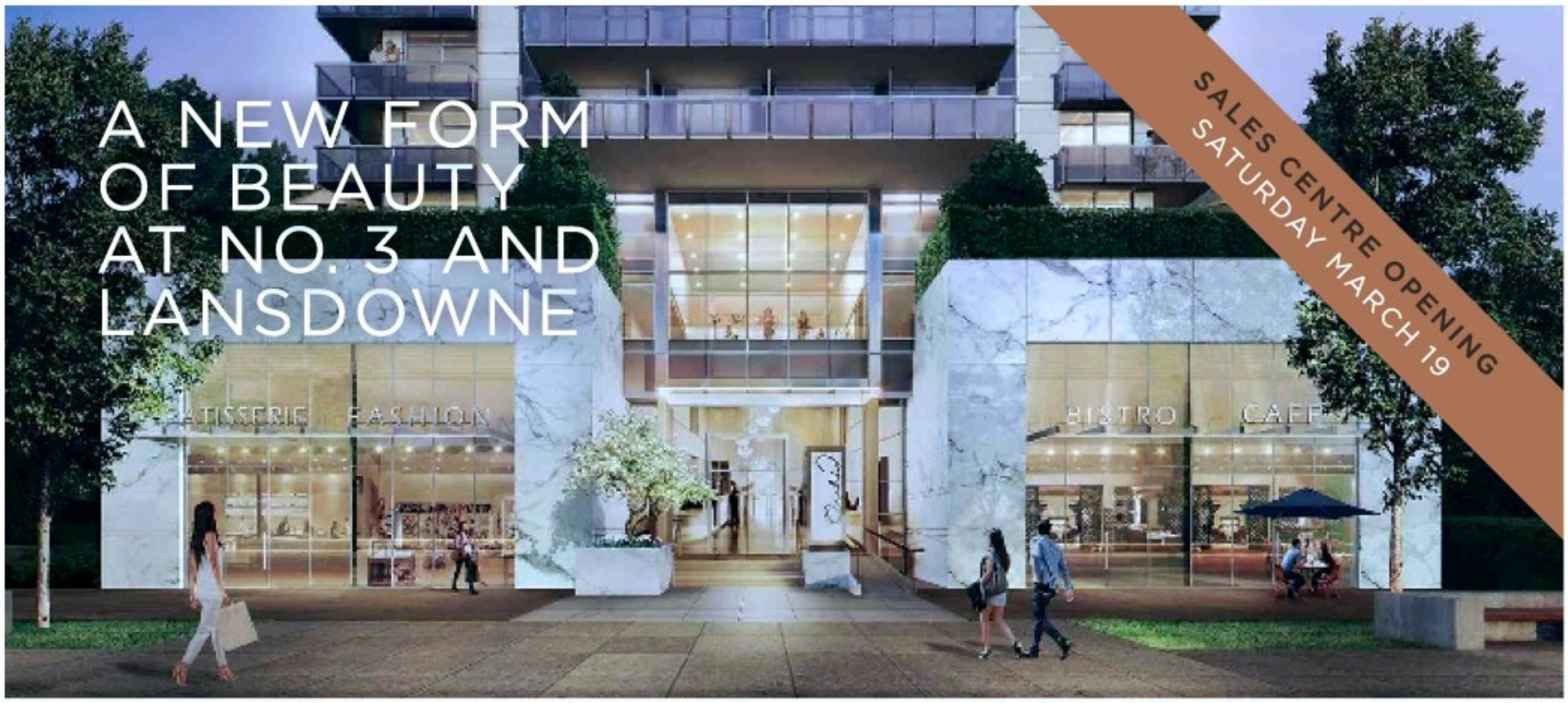

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Trudeau tricky on Trump

NEW YORK

PM deftly skates around offering a real opinion of The Donald

Prime Minister Justin Trudeau takes part in an interview at Bloomberg headquarters in New York. ADRIAN WYLD/THE CANADIAN PRESS

Americans got to witness a Canadian visitor this week immersed in an activity his nation prides itself on having mastered: Stickhandling. The person performing the pivots was Prime Minister Justin Trudeau.

The subject he repeatedly skated around: Donald Trump.

The prime minister was asked repeatedly during his visit to New York this week and in Washington last week what he thinks of the Trump phenomenon. He has answered each time without specifically mentioning the billionaire's name.

"I have tremendous confidence in Americans' capacity to get the right result through their electoral system," he said Thursday, echoing previous responses.

Later, he alluded to the U.S. election before a high-powered crowd. After receiving an award from a women's group at the Waldorf Astoria hotel, he said the reason he was able to introduce progressive policies like a gender-parity cabinet and welcome refugees was because his approach had won with voters.

"As much as I was able to do, and my government was able to do, we only did it because Canadians made a choice: To choose a more open, fair, positive way of doing politics," he told the ballroom crowd, which included the heads of McDonald's, Campbell Soup, Shell, and the Carnival Corp.

He added, dryly: "That is certainly something that I hope resonates through political systems around the world."

That last line prompted laughter and perhaps his loudest applause of the evening — louder even than his references to the gender-parity cabinet, which is why he was invited to the gala and given the award from the women's group Catalyst.

Amid the claps, he added: "I'm not thinking of any place in particular!"

Several former Canadian ambassadors to the U.S. have publicly warned the prime minister not to talk about the U.S. election, saying it would be a mistake to turn Canada into an issue in a messy election.

Trudeau's appearances before heading home later Thursday included an interview at Bloomberg, owned by Trump critic and former New York mayor Michael Bloomberg. Bloomberg wrote a laudatory piece about Trudeau this week headlined, Canada's New Hope.

There, he was asked again about what he would do if Trump becomes president. Trudeau replied that he understood why people were angry in many countries about the current political and economic systems and explained that he's working on democratic reforms and economic policies aimed at empowering frustrated voters.

With respect to a president Trump, he said he'd work on areas where they shared common ground. The interviewer pressed him — what possible common ground could the Canadian progressive find with an American Republican talking about walls and ripping up trade deals and banning Muslim visitors to the U.S.?

Trudeau replied: "A desire to see Americans do well. A desire to see citizens in our countries to have better jobs and greater opportunities."

THE CANADIAN PRESS

OTTAWA

Mountie dies of gunshot wound

Lucy Scholey
Emma Jackson
Metro | Ottawa

An RCMP officer has died after apparently shooting himself Thursday morning in a Sparks Street building just steps from Parliament Hill and less than a block away from the prime minister's Langevin Block office, sources say.

Ottawa police — who have yet to confirm those details — said their officers rushed to the scene for a "medical call."

Const. Marc Soucy said the call came in at 8:55 a.m. for an emergency at 90 Sparks, the Thomas D'Arcy McGee Building. He would only say a person had been taken to hospital. "We're not looking for suspect and there's no danger to the public," Soucy said.

Up to 10 police vehicles were positioned around the building, which borders Metcalfe, Queen and Sparks streets.

The RCMP later tweeted the force had lost one of its own.

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TRADE

Penalty on U.S. dollars nixed

Cuba's government said Thursday it plans to do away with a penalty on converting U.S. dollars, but warned the Obama administration not to expect more changes until the U.S. trade embargo is lifted.

Three days before President Barack Obama visits the island, Cuban Foreign Minister Bruno Rodriguez dismissed Obama's lofty rhetoric about using his visit to speak directly to the Cuban people about their future. In a stern and lengthy speech in Havana, he put Obama on notice that any attempt to circumvent the Cuban government by lobbying Cubans directly would not be warmly received.

"Various U.S. officials have declared in recent hours that the objective of Obama's measures is empowering the Cuban people. The Cuban people empowered themselves decades ago," Rodriguez said, referring to the 1959 revolution that put the current Cuban government in power.

Of Obama's talk about engaging directly with Cubans, he added, "It's a nonsense approach."

Still, Rodriguez laid out a scenario under which the 10 per cent penalty on dollars exchanged at banks and moneychangers in Cuba would soon be lifted, making it easier and cheaper for Americans to spend time in Cuba.

Earlier this week the U.S. lifted a ban on Cuban access to the international banking system, a long-standing Cuban demand. Rodriguez told reporters in the Cuban capital that Cuba will attempt a series of international transactions in coming days. If they work, Cuba will eliminate the 10 per cent penalty.

THE ASSOCIATED PRESS

Cuban children play baseball in Havana as Cubans look forward to a game between Major League Baseball's Tampa Bay Rays and the Cuban team on March 22. AFP/GETTY IMAGES

Cuba, U.S. and Canada in between

The coming week is historic for Cubans and Americans, starting with U.S. President Back Obama's two-day visit to Havana on Monday and Tuesday — the first by a U.S. president since 1928. It ends with a free, open-air concert by the Rolling Stones on Friday.

Cuban President Fidel Castro and Pierre and Margaret Trudeau look over a photo album during the Trudeaus' 1976 state visit to Cuba. THE CANADIAN PRESS FILE

Spotlight on CUBA

Stephen Kimber

In the spring of 2013, U.S. and Cuban negotiators needed a neutral location for secret talks that would lead — 18 months later — to the stunning Dec. 17, 2014, announcement the world's two "closest of enemies" were re-establishing relations. The only thing they could agree on initially, however, was that those talks should take place in friendly-with-both Canada.

Now, ahead of U.S. President Barack Obama's historic visit to Cuba, it's worth asking what the fast-evolving relationship between Washington and Havana — which we helped, in our modest way, to facilitate — will mean for the future of our own historic ties with Cuba.

After Fidel Castro's revolution triumphed in 1959, Canada was one of the few Western nations to maintain diplomatic relations with Cuba. In 1976, then-Prime Minister Pierre Trudeau became the first NATO leader to visit.

For Canada, that visit became a symbolic moment in our quest for an elusive, independent "third-way" foreign policy, untethered to the United States or Great Britain. For Cuba, it was an important symbolic moment too — international recognition of its legitimate place in the world. "Viva Cuba!" Trudeau declared.

The visit had another far-reaching consequence too. Trudeau and Castro became such warm personal friends that, in 2000, the Cuban leader — by then ailing himself — flew to Montreal to serve as an honorary pallbearer at Trudeau's state funeral.

Although relations cooled during the Harper era — the Conservative government opposed Cuba's mere presence at events like the Summit of the Americas — the Cubans did not easily forget Canada had been its friend when others were not. In 2010, during Canada's unsuccessful bid for a seat on the UN Security Council, Cuban diplomats even openly lobbied on our behalf with their Latin American counterparts.

Thanks to the 55-year-old American embargo, which has effectively prevented Americans from trading with — or travelling to — Cuba, and to the 1990s collapse of Cuba's Soviet Bloc benefactors, Canada has had unparalleled access to the Caribbean island nation.

Calgary's Sherritt International — which boasts mining, oil-and-gas and electricity interests there — is now Cuba's largest foreign investor. And the million sun-seeking Canadians who fly south every winter to enjoy the island's spectacular beaches currently represent Cuba's largest source of foreign tourists. Cuba even hosts the largest Terry Fox run for cancer research in the world outside Canada.

With American businesses and individuals eager — and increasingly able — to share Cuba's long-forbidden fruit, Canada's role in Cuba will inevitably diminish. But it's worth reminding ourselves of that sweet 2010 moment at the United Nations when Cuba unexpectedly stood up for us. "You can trust Canada," said Cuba's Ambassador Pedro Nunez Mosquera.

Cubans do have long memories, and they won't forget who their friends have been.

Stephen Kimber is the author of nine books, including What Lies Across the Water: The Real Story of the Cuban Five, and a columnist at Metro Halifax

You can trust Canada.
Cuban Ambassador
Pedro Nunez Mosquera, in 2010

Sarah and her dog Fergus in the Doghaus pet supply store in Montreal. An unseasonably warm winter in Eastern Canada and a weak economy have taken a big bite out of sales from businesses that cater to furry best friends, the pet products industry says. PAUL CHIASSON/THE CANADIAN PRESS

Pet clothing sales frozen

RETAIL

Companies forced to lay off employees and cut prices

An unseasonably warm winter in Eastern Canada and a weak economy have taken a big bite out of sales from businesses that cater to furry best friends, the pet products industry says.

"For us, it's a big hurt," said Marianne Bertrand, owner of Muttluks. The Toronto-based company estimates that sales of doggie coats and boots have slipped by more than 30 per cent this winter.

Muttluks, whose boots were recently given to U.S. President Barack Obama's dogs by Prime Minister Justin Trudeau during his state visit, was forced to lay off about a dozen employees when it prematurely shut production late last year.

Montreal pet store Doghaus said the warm winter prompted it to slash its prices in half and it plans to offer even deeper discounts to help clear inventory. "It wasn't a wasteland or anything, but it definitely was lighter than other years," said manager Sarah Miller-Barrington.

Industry surveys have suggested that most pet owners are willing to spend extra for the best products available, including food, even if they are more expensive.

Like many of her customers, Miller-Barrington says she tends to "mother" her eight-year-old Shetland Sheepdog named Fergus, even though his heavy fur coat protects him from the elements. Just as parents outfit their children for the cold, many people feel the same obligation to their pets, she added. Others simply view it as an opportunity to make a fashion statement.

K9 Excel owner Johanne Beaulieu said she hasn't seen this level of sales decline in the six years she's operated the Montreal store and website, which sells clothes, boots, and dog diapers.

THE CANADIAN PRESS

MAPLE SYRUP

Sticky situation for Canada's producers

Many Canadians have been enjoying an unseasonably warm winter, but the balmy weather could spell trouble for maple syrup producers.

El Nino usually has a negative impact on harvesting and production of maple syrup, said Sylvain Charlebois, a professor at the Food Institute at the University of Guelph.

"It wouldn't be surprising to see 2016 as being a very bad year ... as a result of the warmer weather we've been having," said Charlebois. "I would say El Nino is affecting most if not all of the regions where maple syrup production is predominant." Those regions include Quebec, Ontario, New Brunswick, Nova Scotia and American states like Vermont and New York.

A mix of colder, sub-zero nights and warmer days above freezing are ideal syrup-producing conditions.

The Federation of Quebec Maple Syrup Producers, which has about 7,300 members, said the season is a few days earlier than usual in parts of the province. In contrast, the past two years have seen late starts.

Federation spokeswoman Caroline Cyr said the past five or six years have been "really, really good" while 2006 and '07 were poor.

Charlebois said a poor season will put pressure on current supplies and may push prices higher next year.

"I suspect that next year prices will go up and how much it's hard to tell, but usually when you're dealing with a luxury product where demand really is, in Quebec in particular, an elastic you're likely going to see prices increase by as much as perhaps 10 or 15 per cent," he said.

THE CANADIAN PRESS

IMPORTS

Liberals under pressure to raise duty-exempt limit

With its maiden budget just days away, the new Liberal government is facing pressure to bump up Canada's duty-exemption limit from its current level of $20 for products shipped or mailed from abroad.

THE CANADIAN PRESS

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READ MY LIPS
A new technique makes it easier to pinpoint unique chemicals in common lipstick brands — so **don't leave a kiss at a crime scene.**

DECODED Biological recycling

MICROSCOPIC MEALTIME

Did you crack a bottled soft drink today? Chances are it was made of PET, a super-durable plastic made from crude oil. Unlike organic waste, PET doesn't get broken down by bacteria (biodegraded) in the environment — at least, we didn't think so. Scientists have discovered a bacteria species that eats PET for lunch, and, with it, a potential way to **tackle one of the most perplexing pollution problems of our time.**

PET: PUBLIC ENEMY Poly(ethylene terephthalate), or PET, is incredibly stable. It breaks down into tiny, confetti-like pieces, but its chemical properties remain the same; It's still plastic. Birds eat it, fish eat it, and it collects in vast islands in the ocean. Only a fraction of the 53 million tonnes made per year gets recycled.

2 PETase breaks down PET into a smaller molecule called MHET

MHET MHET MHET MHET

1 Bacteria makes enzymes (proteins that break things down).

Enzyme #1 PETase, which breaks down PET

Enzyme #2 MHETase, which breaks down MHET

3 MHETase breaks down MHET into two environmentally friendlier chemicals, TPA and EG.

4 Bacteria further breaks down EG and TPA into food for its carbon and energy needs. Yum!

TPA (terephthalic acid)

EG (ethylene glycol)

BRILLIANT IDEONELLA
Scientists from Keio University in Tokyo slogged through the sludge at a PET recycling yard and found a strain of bacteria previously unknown to science: **Ideonella sakaiensis 201-F6.** It evolved to use plastic as a source of food. It can break down a thin, 60 mg film of PET in six weeks at 30 C, turning it into two chemicals that are relatively environmentally benign. The process is still too slow to apply on an industrial scale, but this is a start.

GRAPHICS BY ANDRÉS PLANA/METRO

CITIZEN SCIENTIST by Genna Buck

Do chimpanzees believe in God?

QUESTION
Whoa. Chimps build shrines? Does this mean humans aren't the only species with religion? — Colin, Toronto

You know, Colin, it wouldn't surprise me. Chimpanzees have been observed using tools, warring among rival groups and dancing in the rain. They're known to practise a sort of communal chilling-out after meals that's been compared to gathering for worship.

However, I don't think there's conclusive evidence of chimp spirituality in the recent Nature paper you're talking about. It describes chimps caught on camera repeatedly and deliberately hurling rocks at trees and leaving distinctive stone piles (shrines?) around the forest. It didn't seem to be a mating ritual. It wasn't about food. There was no obvious evolutionary reason for it at all. The authors suggested it *could* be symbolic, or even sacred.

But very careful further study is needed, I think, because researchers have to fight the tendency we all have to *anthropomorphize*, or ascribe human characteristics to non-humans. It's one of our powerful cognitive biases (in-born patterns of flawed reasoning).

That said, this study made me think of a conference I went to where psychiatrist Martin Brüne presented findings about a possible PTSD-like syndrome in chimpanzees.

Brüne showed a video of a retired research chimp curled into a ball, rocking back and forth and hitting himself, much like I'd once seen a child with autism do, mid-tantrum. It looked eerily human.

The moderator said chimps continually exceeded his expectations: He always found they were more smart, more complex and more self-aware than he'd thought.

So I'd be open to the idea that our closest living relatives are into human-like things, such as prayer.

But we need to see more evidence first.

FINDINGS
Your week in science

Dengue vaccine
Doctors at Johns Hopkins University have announced a 100-per-cent successful clinical trial of a vaccine for dengue, one of the most common — and most feared— mosquito-borne diseases on Earth. (It's not called "bone-break fever" for no reason).

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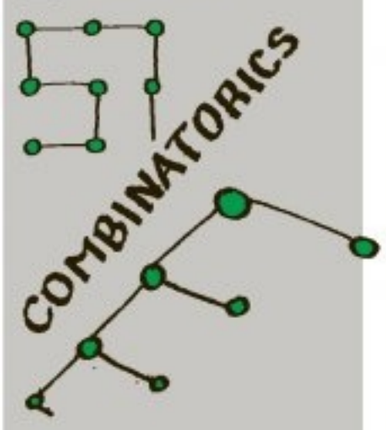

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MOVIES MUSIC TELEVISION DIGITAL

Where are all the movie stars?

ANALYSIS

Marketing trumps man in today's big studio films

Richard Crouse
For Metro Canada

Where have all the movie stars gone?

Once upon a time big names on even bigger marquees were as close to a guarantee of good box office as one gets in the movie biz. But no more.

This weekend The Divergent Series: Allegiant, the third part of the young adult series, hit theatres. Based on the successful books, it stars Shailene Woodley and Theo James in a teen epic about dystopia, guilt and artfully tossed pixie haircuts.

In the new film the pair risk it all to go beyond the walls of their shattered city to discover the truth about their troubled world.

Woodley and James are appealing performers and despite having chiselled cheekbones and earning accolades (they won the Teen Choice Award for best liplock in Insurgent and Woodley was a Golden Globe nominee for The Descendants), no one is going to see Allegiant because they're in it.

Why? Because they're not movie stars — they're brand ambassadors.

The movie's brand is bigger than they are and that's the draw.

Young adult movies like Twilight made Robert Pattinson and Kristen Stewart famous and superhero films reignited Robert Downey Jr.'s career and turned Chris Hemsworth into a sex symbol, but none of these actors have scored recent hits outside of their best-known brands.

These days the marketing is more important than the movie star.

It's almost a throwback to the very early days of cinema when actors weren't given billing or publicized for the films they made.

Fearing performers would demand larger paycheques if they became popular, the studios gave them nicknames instead.

Hamilton, Ont.-born Florence Lawrence was known as the Biograph Girl, named after the studio that produced her films, but with the release of The Broken Oath in 1910 became the first entertainer to have her name appear in the credits of a film.

Floodgates opened, soon names like Mary Pickford (another Biograph Girl), Douglas Fairbanks and Charlie Chaplin festooned not only movie credits but posters as well, usually above the title.

The studios seized the marketing value of their actors and for years the star system was a money-spinner.

These stars were so powerful they not only sold tickets by the fistful but also influenced contemporary trends.

For instance, it's rumoured that sales of men's undershirts plummeted in 1934 when The King of Hollywood, Clark Gable, was seen without one in It Happened One Night.

As the legend goes, sales took such a hit several undergarment manufacturers tried, unsuccessfully, to sue Columbia Pictures for damages.

For decades stars ruled supreme at the box office, but the business has changed. I'm guessing the movie studios love it because no film brand ever asked for more money or a bigger trailer.

Certainly Tom Cruise can still sell a ticket or three, but only if his movie has the words Mission Impossible in the title and Matt Damon was brought back in to add star sparkle to the new Jason Bourne movie after a lackluster reboot with Jeremy Renner. Jennifer Lawrence is a movie star. Her latest film Joy, the empowering story of a woman and her mop, wasn't a big hit but without her star power would likely never have been made at all.

But former sure bets like Will Smith, Johnny Depp and Angelina Jolie cannot always be counted on for big returns.

It's not just the movie business's attitude toward fame that has changed, it's also ours.

Today a proliferation of YouTube superstars and social media has democratized fame and in a world and business where everyone is famous, no one truly is, not even the stars of a blockbuster such as The Divergent Series: Allegiant.

The Divergent Series is proof you don't need big names if you've got a big brand. CONTRIBUTED

MOVIE RATINGS by Richard Crouse

The Divergent Series: Allegiant Part 1	★★
The Program	★★
Chi-Raq	★★★★
Knight of Cups	★

HOW RATING WORKS	
★★★★	SEE IT
★★★	WORTHWHILE
★★	UP TO YOU
★	SKIP IT

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Spike Lee's take on gang violence

Lysistrata (Teyonah Parris) is the woman who leads the move to withhold sex from men in Chicago's South Side until the gun violence stops in Spike Lee's new joint Chi-Raq. CONTRIBUTED

INTERVIEW

Chi-Raq inspired by ancient Greek play

Richard Crouse
For Metro Canada

"The human spirit is a great thing," says director Spike Lee on what he learned while doing research for his new film. The director spent six months in South Side Chicago, "talking to people, meeting people, getting the lay of the land," before shooting a single frame of his anti-gang-violence movie Chi-Raq. "It was very important, not just meeting people, but people becoming comfortable with me. People opening up to me."

The movie draws its story about a neighbourhood woman who convinces the wives and girlfriends of gang members to withhold sex from their men until the guys agree to put down their weapons from a Greek play first performed in 411 BC, but details the very modern problem of gun violence.

"At the end of the movie in that scene where everybody is dressed in white," says Lee, "those women are not actresses. Those women are members of a group called Pain Over Purpose. They are mothers whose children, whose sons and daughters, have been shot down in the streets of Chicago. Those pictures they are holding up are pictures of their loved ones.

"The pain of a parent who has lost a child in any circumstance is something that no parent should have to go through. They all say that there is a hole in their spirit, in their soul, that will never be replaced. Many of those mothers have tried to commit suicide and had various other problems since then but they are holding strong."

The cycle of violence portrayed in the film and acted out for real on the streets — during Chi-Raq's 38-day filming schedule 331 people were wounded and shot, 65 people were murdered in Chicago — was personal for one of the movie's stars.

"Do you know Jennifer Hudson's history?" asks Lee. "It is known knowledge that Jennifer's mother, brother and nephew were murdered in Chicago. I think that's extra gravitas that you have with Jennifer Hudson in this film. This is not an act for her. She got hit directly by gun violence on the South Side of Chicago.

"I didn't want her to think that I was exploiting her. I knew I wanted her for the part but there was some length of time before I got the courage to approach her. Also, when we did meet I was babbling. She said, 'Spike, I know why you want me to do this film, so just stop. I'll do it.' I was trying to be sensitive and I turned out to just beat around the bush. I said, 'I'll just shut up and say thank you.'"

Lee is fearless in his handling of the material, taking chances narratively — the entire film is presented in verse — and visually, to tell the timely and hot-button story of a "self-inflicted genocide."

Finding the mix of heartfelt storytelling and satire, says Lee, was crucial to the success of the film.

"It is not an easy thing to do," he says.

MEMORABILIA

Seinfeld-inspired sombrero goes on sale next week

Nearly 20 years after TV viewers were introduced to the urban sombrero, a Seinfeld star says he'll finally be selling the infamous hat to fans soon.

The brown head-topper, which looks like a cross between a sombrero and a Mountie hat (think Pharrell at the 2014 Grammys), was featured in a 1996 episode in which Elaine runs the J. Peterman retail company after her boss goes to Burma.

Elaine puts her idea for an urban sombrero on the cover of the catalogue but it ends up being a huge flop and sparks a backlash from those who bought it.

Actor John O'Hurley, who played the eccentric J. Peterman on the series, says the urban sombrero will go on sale next month as part of a six-week crowdfunding campaign, and hinted Seinfeld fans will also "be able to buy several things that are special."

He says the urban sombrero will be sold through the real J. Peterman Company, which was first launched in 1987 and parodied by Seinfeld. After going bankrupt in 1999, the company was subsequently relaunched by the real John Peterman with O'Hurley as an investor.

"It's only taken me 20 years of screaming at (Peterman) to issue the urban sombrero," says O'Hurley by phone recently to talk about his appearance at this weekend's Toronto ComiCon presented by Fan Expo Canada.

"It's going to be a big splash. I can't wait for it.... I think it's partly satisfying my ego, after many, many years of bickering with him."

J. Peterman became famous for its novel catalogues that featured collections of products from around the world with elaborate written descriptions and illustrations instead of photos. THE CANADIAN PRESS

The urban sombrero in a scene from Seinfeld. CONTRIBUTED

John O'Hurley played J. Peterman on Seinfeld. THE CANADIAN PRESS

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HUDSON'S BAY

Actor defends Lance Armstrong

FALLEN SPORTS HERO

Ben Foster had to learn about doping culture for role in film

After enduring an intense exercise regime, secretly using performance-enhancing drugs, and immersing himself in the world of Lance Armstrong to portray the cyclist on the big screen, Ben Foster was left with one feeling for the controversial athlete.

"Empathy," said the actor. "It was a complicated time. He's a complicated man."

It's a feeling Foster hopes audiences can also come away with after watching The Program, which tracks Armstrong's incredible cycling career and the behind-the-scenes doping that drove it.

OPENING IN CANADIAN CITIES
The Program opens in Toronto, Calgary, Ottawa, Vancouver and Montreal on Friday.

Armstrong, a cancer survivor and longtime athlete, was once an American sporting hero, but is now a divisive figure.

He has been banned from cycling for life and had his seven Tour de France titles stripped after telling Oprah Winfrey in a 2013 interview that he used performance-enhancing drugs.

Foster knew the bare-bones of Armstrong's story before making The Program, which was directed by British filmmaker Stephen Frears. But playing the athlete made him appreciate the broader culture of doping that existed in cycling at the time.

"He did doping better. He did nutrition better. He did the cycling gear better. He did training better. It's not about being a liar. If everybody's doping, everybody's lying," Foster said, noting that Armstrong also raised millions for cancer research over the course of his career.

"He treated people in a particular way that I don't necessarily agree with but the complexity of the good that he did, with the way that he did it, deserves a deeper consideration."

To properly capture Armstrong's intensity, Foster — unbeknownst to the rest of his cast, but under the supervision of a doctor — took performance-enhancing drugs himself and only revealed what he had done after filming had wrapped.

He also tried to reach out to Armstrong, but the athlete wasn't interested in talking.

Foster nonetheless describes himself as a fan of Armstrong's, saying he found himself defending the cyclist on the set of the film.

"We don't like that Lance didn't apologize in a way that felt sincere. And that's why we're punishing him still," he said. "I don't condone or condemn ... I think it's a complicated story." THE CANADIAN PRESS

ANOTHER TAKE

Lance fascinating person to watch, says O'Dowd

Chris O'Dowd, who plays David Walsh, an Irish journalist who worked to bring Armstrong's doping into the spotlight, agreed that the cyclist is a complex character and noted that the film attempts to provide a better picture of the intricacies of his world.

"He was an incredible athlete, very manipulative, vindictive, self-centred, very smart, and ego driven," he said. "I think he's a fascinating person to watch."

O'Dowd's personal feelings about Armstrong, however, tend to waver.

"At times I feel slightly sorry for him. But then I think of how he treated some people ... and I think, 'I don't know if he needs our sympathy,"' he said. "I think he's a fallen hero, but still a kind of hero."

Ben Foster stars as Lance Armstrong in The Program directed by Stephen Frears. CONTRIBUTED

[Lance Armstrong] treated people in a particular way that I don't necessarily agree with but the complexity of the good that he did, with the way that he did it, deserves a deeper consideration.

Ben Foster on the controversial sports hero

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RAISE YOUR HANDS AGAINST RACISM

To make positive change, just raise your hand

There are a few charitable causes every year that bring British Columbians together.

Tens of thousands run, walk or roll 10 kilometres in the Vancouver Sun Run to support children's literacy. The CIBC Run for the Cure draws crowds to raise funds for breast cancer research. And now one organization is asking everyone to raise their hands to stand up against a cause that affects us all: racism. This Saturday, join the celebration.

Raise Your Hands Against Racism is a campaign launched by lauded local broadcaster Shushma Datt and Spice Radio in Burnaby.

The anti-racism campaign is a grassroots movement aimed at drawing awareness and educating people about the issue of racism in Canadian society today.

This Saturday, March 19 from noon until four, anyone and everyone can join the party by dipping their hands in paint and putting their handprint or writing a message on a giant mural at one of six locations.

It's a simple act that can have a huge impact, say the organizers. Everyone is welcome to attend the kick-off event, held at Roundhouse Community Centre starting at 11:30 a.m., and will feature academics, community leaders and performers coming together to talk about their experiences around racism, draw attention to the issue and foster positive change.

Renowned academic professor Suresh Kurl will share a history and discussion about the Indian festival of Holi, the celebration of love and colours that inspired the initiative.

CONTRIBUTED

Other speakers will provide diverse perspectives on racism, including Canadian business leader and founder of the event Shushma Datt, retired RCMP officer and Air India bombing investigator Baltej Dhillon, and former white supremacist Tony McAleer, who now counsels people about how to leave hate organizations.

The event will include performances by the Shiamak Dancers and local drum corps and will culminate with speakers and the crowd placing colourful handprints on a giant collage to show their support in the fight against racism.

WHERE YOU CAN JOIN IN

Join Raise Your Hands Against Racism on March 19 from noon until 4 p.m. Dip your hand in paint and make your mark on a banner to show your support at the following locations.

Vancouver
- Sunset Community Centre
- Roundhouse Community Centre
- The Vancouver Public Library Fraserview Branch

Burnaby
- The Shadbolt Centre for the Arts

Surrey
- The Surrey Public Library

White Rock
- On the sea wall

How Shushma Datt built a multicultural empire

She worked at the BBC in the early '60s, interviewing pop legends including The Beatles and Jimi Hendrix, but when Shushma Datt moved to Vancouver in 1972, no mainstream radio broadcaster would employ her.

She was Indian, an immigrant and a woman — and even at the BBC she was not given an opportunity to be in front of the mic or behind it in the conventional media. So she moved to multicultural media instead.

Fast-forward to early 2015 and future prime minister Justin Trudeau was tweeting a photo of himself in support of her campaign, Raise Your Hands Against Racism.

Needless to say, Datt didn't let racism stop her. Since then, she has built a multicultural media empire with a world-wide reach out of Vancouver.

Her career has spanned virtually all sectors of radio and television, including several notable radio and TV stations in Vancouver.

Not content to be only a media personality, Datt broadened her career in the media business. In 1984 Datt founded IT Productions and its subsidiary company Radio Rim Jhim in 1987. Through them, she has led the development of radio and television productions in Greater Vancouver that are focused on serving ethnic groups, particularly various South Asian communities, across Canada.

Datt and her team have created multicultural and multilingual programming that engages many different ages, cultural and ethnic groups. Spice Radio 1200 AM, a South Asian radio station Datt and her team launched out of Burnaby in 2006, represents at least 11 ethnic groups in the region.

Its programs include music, in-depth interviews, sports and news in at least 17 different languages.

For Datt, creating opportunities for multiculturalism to flourish is a natural part of being a British Columbian.

And so is contributing to local charities. In 1992, Datt received the Order of British Columbia for her outstanding contributions to the community. Over the years she has raised more than $1 million for charitable organizations by championing campaigns against drinking and driving, encouraging academic achievements, raising funds for the Canadian Cancer Society, BC Children's Hospital and United Way, and more. She weaves the threads of diversity and giving back into everything she does, so founding the Raise Your Hands Against Racism movement in 2015 was a natural next step in bringing the community together.

Through her initiatives and media, Datt has helped Canadians find a more diverse, inclusive voice than it has ever had before.

CONTRIBUTED

Racism explained

Racism is much more complicated than its dictionary definition, according to Shushma Datt, founder of Spice Radio, the South Asian radio station based in Burnaby.

"Racism is based on ignorance and fear. It's self-protection taken to a harmful and wrong extreme," explains Datt. "Whenever you hear someone make a generalized judgement about a group, especially if it's a negative value judgement or put-down of every member of that group, that's probably racism."

Racism can take many forms, says Datt, including direct insults or stereotypes said about a group. Or they could be unspoken actions, such as exclusion of people of a particular group from rights another group enjoys.

The segregation of black people that spurred the civil rights movement in the United States is a textbook case, but there are many more subtle forms of racism, including in workplaces, classrooms and social groups across Canada, Datt says.

These could include actions as subtle as a teacher not calling on one race or gender of student as often as another, or a company tending to pay one race of individuals a higher salary than another — whether consciously or unconsciously.

IN CANADA

Sadly, racist sentiments are still alive in Canada today. According to Statistics Canada, about half of hate crimes in 2013 were motivated by hatred of a race or ethnicity.

Datt says sometimes racism is so insidious, silent and ingrained, people don't even know they could be accused of it.

"It's time for Canadians to look racist words and acts like these in the face. We need to address it in ourselves and others and stand up against it. Education and awareness are key. We have so much to gain from coming together and working to end racism in our society."

Ending that racism is what brought Datt and Spice Radio together to start Raise Your Hands Against Racism, an event that brings Greater Vancouverites together in one simple act, united for this common cause.

"It is the mission of Spice Radio to not only to be reflective of our community, but to also participate and to be involved," says Datt. "All radio listeners and members of the community can relate to this issue."

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Celebrate in technicolour

Just like when Dorothy Gale entered the Land of Oz and everything transformed from black and white into colour, the Hindu festival of Holi provides a brand new perspective.

Holi has been held traditionally in India for centuries, drawing crowds of thousands to celebrate spring, love and togetherness with a playful colour fight.

If you're in an area outdoors where the festival is taking place, you're fair game. People celebrate by throwing brilliantly coloured powder or water balloons filled with coloured water at each other. Soon, everyone is totally covered in a bright collage.

The dye-throwing creates a transformation. All of a sudden, the crowd of people celebrating are covered with different colours, regardless of the colour of their skin.

The festival traditionally includes building bonfires, singing, dancing and enjoying food and drinks, all in the name of building a harmonious community.

"The festival of Holi has spread around the world because it's so much fun. It's a tangible, active way of showing that we are all the same, regardless of our colour," says Shushma Datt,

ISTOCK

founder of Spice Radio, the South Asian radio station based in Burnaby, B.C. "The coloured powder can be magical — it transforms the way people see themselves and the people around them."

Inspired by the Holi festival, Datt and Burnaby-based Spice Radio came up with the idea of the Raise Your Hands Against Racism event in 2015.

The annual celebration, now in its second year, encourages people to come together at one of the six participating locations across Greater Vancouver this Saturday, March 19: Sunset Community Centre, Roundhouse Community Centre and the Vancouver Public Library Fraserview Branch in Vancouver, the Shadbolt Centre for the Arts in Burnaby, The Surrey Public Library, and the sea wall in White Rock.

ANTI-RACISM MOVEMENT STARTED IN VANCOUVER

Vancouver is one of the most diverse cities on the planet. According to Statistics Canada, 45.2 per cent of the residents of Metro Vancouver are visible minorities, including large Chinese, South Asian, Filipino and Korean communities.

No wonder Vancouver is the birthplace of Raise Your Hands Against Racism, an anti-racism campaign started last year that spread across the country and around the world like wildfire.

On Saturday the campaign will kick off, bringing people of all colours and cultures together to pledge their mutual acceptance and appreciation.

The event was literally inspired by the colours of the rainbow. Local media personality, businessperson and event founder Shushma Datt was inspired by the fun Indian festival of Holi, in which people come together and erase racial boundaries by painting each other with brilliantly coloured pigment.

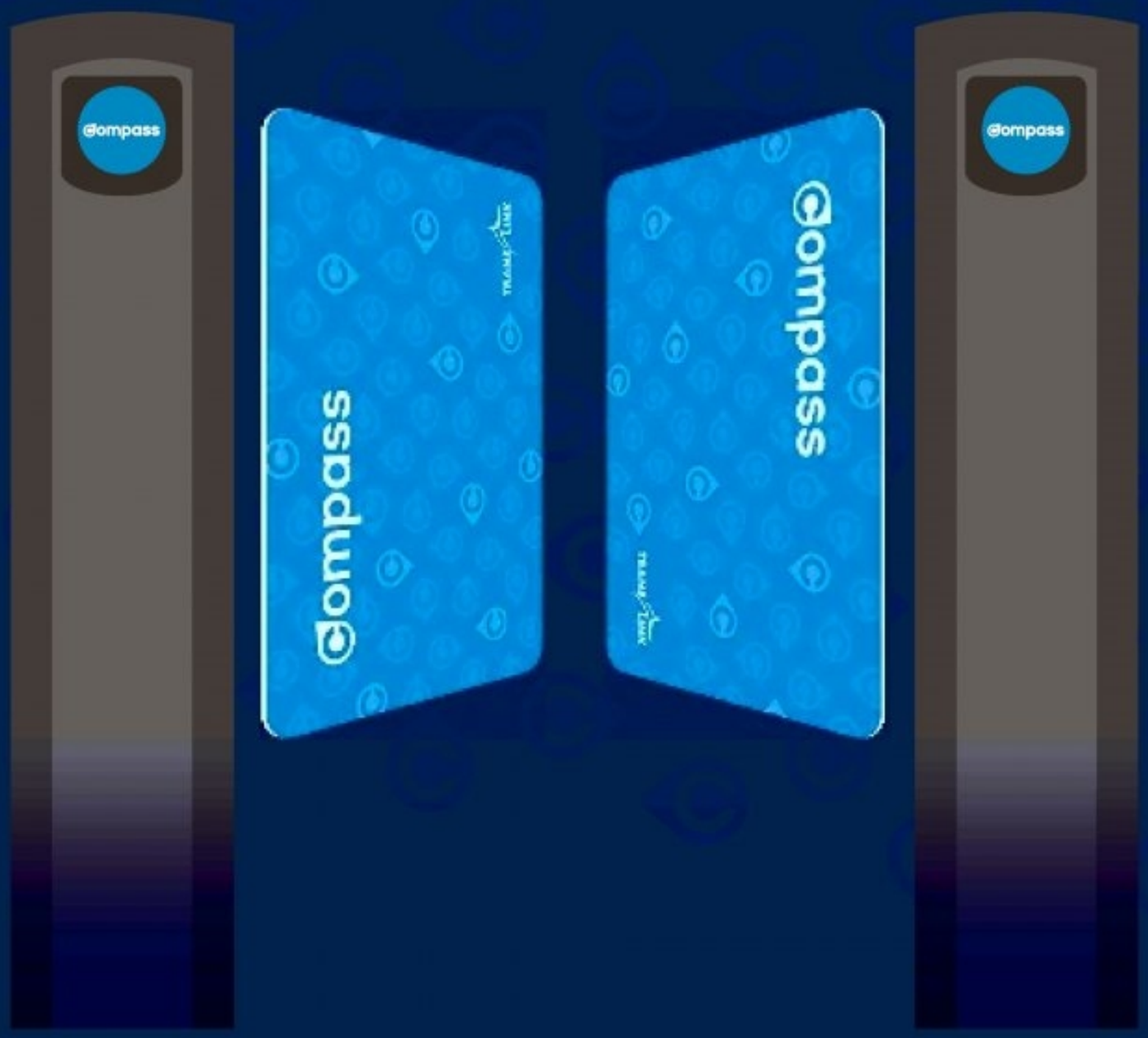
Last year, the event's inaugural year, was an overwhelming success. Datt and her company Spice Radio held the in-person banner-painting event at several locations, as well as a social media campaign that encouraged people

CONTRIBUTED

to take selfies holding their hands up in an anti-racism pledge, then posting their pic on Twitter tagging @SpiceRadioVan and #HandsAgainstRacism.

"The initiative gained overwhelming traction on social media — much more than we believed possible. We began to receive photos from teams and organizations from around the world. People from everyone including local celebrities and sports figures as well as movie stars, music producers, and people from all walks," says Datt.

Starting April 4, we're closing all fare gates.



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Scans show '90 per cent chance' of hidden chambers in Tutankhamun tomb

How the stars brought golf to Palm Springs

With more than a 110 courses and a 1950s ring-a-ding vibe, Palm Springs is one of the best places to gulf in North America. COURTESY OF VISITGREATERPALMSPRINGS.COM

CALIFORNIA

Desert oasis a top place to tee-off

Brian Kendall
For Metro Canada

Golf and Palm Springs go together like Bob Hope and Bing Crosby.

Hope, Crosby, Frank Sinatra, Dean Martin and other celebrity golfers helped popularize the game in a desert oasis famous as Hollywood's Haven.

Just 193 kilometres east of downtown Los Angeles, Palm Springs provided a welcome escape from the city's smog and congestion. The stars came to bask in the abundant sunshine and delight in the starkly dramatic scenery of the Coachella Valley.

With more than 110 courses, golf remains a major draw throughout a popular sunbird destination that works hard to retain its ring-a-ding 1950s vibe. Between tee-offs, budget time for a tour of the sleekly elegant midcentury modern hotels and civic buildings, shopping on posh North Palm Canyon Drive, and a happy hour cocktail at Melvyn's, one of Sinatra's old haunts.

Golf came to the Coachella Valley in 1925 with the opening of O'Donnell Golf Club, a private course frequented by Clark Gable and other matinee idols.

Today, courses by acclaimed golf architects are scattered throughout Greater Palm Springs, an area encompassing old Palm Springs and eight seamlessly connected sister communities, most notably La Quinta, Palm Desert and Indian Wells.

Former host of the Bob Hope Classic, SilverRock Resort's Arnold Palmer Classic Course in La Quinta is spectacularly routed along the base of the Santa Rosa Mountains. La Quinta is also home to PGA West, one of North America's premier golf properties. Most famous of the resort's six layouts is the Stadium Course, a Pete Dye-designed monster rated one of the game's best — and toughest — courses.

A highlight in Palm Desert is Shadow Ridge Golf Club, an expertly sculpted Australia Sandbelt-inspired course by Nick Faldo. Equally strong are the two Hurdzan-Fry designs at Desert Willow Golf Resort.

CELEB POWER
Bob Hope, Bing Crosby, Frank Sinatra, Dean Martin and others helped popularize gulf in Palm Springs.

And the must-play in Indian Wells is the Players Course at Indian Wells Golf Resort. This unyielding John Fought design stretches nearly 7,400 yards from the tips.

Other top courses include Eagle Falls Golf Course, Escena Golf Club, the Pete Dye and Gary Player layouts at Westin Mission Hills Golf Resort and Spa, and Shadow Mountain Golf Club, one of the few courses designed by the legendary Gene Sarazen.

With street names like Jack Benny Road, Gene Autry Trail and Ginger Rogers Road, even the drive to your next tee time or sightseeing excursion becomes more adventure than chore in this celebrity obsessed burg.

Sunnylands, at the intersection of Frank Sinatra and Bob Hope Drives in Rancho Mirage, is another notable haunt of Hollywood luminaries past and present.

Built in the 1960s for publisher, diplomat and philanthropist Walter Annenberg, the pink-roofed Desert Modernism-style mansion (complete with a nine-hole golf course) is now open to the public.

Presidents from Eisenhower to Obama have visited. When greeting Queen Elizabeth in 1983, Annenberg announced she would "see how ordinary Americans live."

Welcome to Palm Springs.

Visit Brian's website at canadiangolftraveller.com

TRAVEL NOTES SO BAD IT'S GOOD, DANCE! AMERICA & H.P. LOVECRAFT AS TOURISM AMBASSADOR

Detroit museum's exhibit explores dance in America

A new exhibit organized by the Detroit Institute of Arts presents more than 90 paintings, sculptures, photographs and costumes to celebrate and explain the importance of dance in American culture. Dance! American Art 1830-1960 runs until June 12. Live performances, movies, dance demonstrations and talks are planned as part of the exhibit.

THE ASSOCIATED PRESS

Dance by Aaron Douglas.
DETROIT INSTITUTE OF ARTS

Fans use Lovecraft to promote Providence's weird side

Fans of H.P. Lovecraft's writings are trying to use the growing fame of the early 20th century fantasy-horror writer to promote Providence's weird side. Lovecraft so identified with Rhode Island's capital city that he wrote "I am Providence" in a letter. His headstone bears the phrase. Some of Lovecraft's best-known works are set in Providence.

THE ASSOCIATED PRESS

H.P. Lovecraft.
THE ASSOCIATED PRESS FILE

Spanish town looks to revive botched fresco hype

More than three years after a botched fresco restoration by an octogenarian painter became a major tourist attraction for the northern Spanish town of Boria, local officials are looking to inject new life into the phenomenon by opening a centre that celebrates the fresco. The story of Cecilia Gimenez's restoration of a Christ fresco in a town sanctuary went viral in 2012. THE ASSOCIATED PRESS

Ybor: A Latin city within a city

TAMPA

(Real) home of The Cubano also a bird sanctuary

Ybor City (pronounced e-bore) was founded as a cigar-making town and boasts a multicultural heritage. PHOTOS JENNIFER BAIN/TORSTAR NEWS SERVICE

> **There's a Florida state park ranger that protects them. Even the cats don't mess with the chickens**
> Wallace Reyes, cigar maker and historian

Roosters strut around Ybor City, congregating in the public parking lot, loitering in the park, cock-a-doodle-dooing like they own the joint.

They do, actually.

These privileged chickens are descendants of the backyard birds raised by the neighbourhood's first residents — the melting pot of immigrants that started arriving in the 1880s to work in cigar factories.

Little Miami and New Orleans' Latin Quarter know how to market themselves, but Ybor City (named for Vicente Martinez Ybor, who bought swampland here in 1885 and started building cigar factories) is just starting to tap into its tourist potential.

The neighbourhood, connected to downtown by a retro streetcar, was once the cigar capital of the world.

"Cigar City" is the birthplace of the Cuban sandwich and home to Florida's oldest restaurant. It boasts a multicultural heritage (Cuban, Spanish, Sicilians/Italians, Jewish), still sells hand-rolled cigars and even has a mafia tour.

Let's eat first.

The Cubano was invented here, not in Miami like people think, and it's the city's official sandwich.

Cigar workers needed something portable for lunch in the late 1800s and so the mixto ("the mixed") was born. The combination of Cuban bread and pork with ham (for the Spaniards), Genoa salami (for the Italians) and Swiss cheese, kosher pickles and yellow mustard (for the Germans) is now called the Cuban sandwich.

At the Columbia restaurant, Andrea Gonzmart Williams, one of the fifth-generation owners of the family-run business, takes me into the kitchen.

Columbia — which started in 1905 and is the state's oldest restaurant — makes its own sugar-glazed ham and mojo-marinated pork and gets Cuban bread from La Segunda Central Bakery twice a day.

"My father (Richard Gonzmart) is a firm believer that if you don't layer the meat in the proper order, it won't hit the palate properly," says Williams.

FOR THE BIRDS

Ybor City is now a National Historic Landmark District and, somewhat oddly, a bird sanctuary. Roosters and hens are officially protected. They're charming, photogenic and "the only living creature that connects us to our past," proclaims Wallace Reyes, a cigar maker, historian and Cigar Industry History Tours guide.

Ham goes first, then pork, then salami. Salami "is the difference between a Tampa Cuban and a Miami Cuban." One big slice of Swiss goes next and two pickles. Mustard gets slathered on the inside of the top bun. Eat it cold if you must, like the factory workers used to, but it's infinitely better buttered on the outside and pressed until the cheese melts and it gets crisp.

"Mayo's great but I've never had it on a Cuban, though — my father would kick my butt," allows Williams, who likes her sandwiches extra crispy and sliced on the diagonal.

You don't have to look hard to find Cubanos in this town, but locals swear by the perpetually packed Brocato's Sandwich Shop, and U.S. President Barack Obama visited the West Tampa Sandwich Shop and inspired the Honey Cuban Obama Sandwich.

Another Ybor City hot spot is Carmine's, where Leon Boone has been making sandwiches for 21 years.

"I make about 100 a day, on Saturday I make like 200 and the most I ever made is 600 in a day. I've made billions and billions. I'm like McDonald's."

Boone doesn't eat many of his creations (occupational hazard), but he "makes 'em good." Ask for yours "all the way" and you'll get mustard, mayo, lettuce and tomatoes.

"You've got to put love in there" is Boone's final word on the subject.

Like Columbia, Carmine's gets its Cuban bread from La Segunda Central Bakery, which has been around since 1915. Come here for pastries, bread, Cuban toast and sandwiches and coffee.

Third-generation co-owner Anthony Moré takes me in the back to see how Cuban bread is baked. It's shaped like a baguette but uses a slightly different recipe.

His late grandfather moved to Ybor City from Catalan after fighting in the Spanish-American War in Cuba. "We think he learned some of this in Cuba, especially the palm leaf part of it," says Moré.

Fronds from the palmetto tree are split, sanitized, dried and laid on handmade baguettes that are flipped and baked. As the bread goes into the oven for a rapid rise, the fronds cause a crease along the seam. Customers like the inedible greenery left on.

"It's a pretty unique process and pretty much only in Tampa," boasts Moré.

The cigar industry may have gone bust, but at one point there were about 230 factories here employing 12,000 cigar makers and producing 700 million cigars a year.

Cigar culture is still a unique part of Ybor City (which is pronounced e-bore, by the way). Monica Barbie makes purses from vintage cigar boxes, while her mom Rose Barbie sells framed or unframed vintage cigar labels, bands and posters.

Watch cigar makers at work in shops on the 7th Ave. commercial strip where you can have a smoke and drink Cuban coffee.

TORSTAR NEWS SERVICE

This trip was sponsored by Visit Tampa Bay, which didn't review or approve this story.

Tap into popular sugaring-off season

QUEBEC

Syrup-soaked meals, maple forest walks signal spring

It's a sweet Quebec tradition that is a sign of spring being right around the corner.

Sugaring-off season is big business in the province, which accounts for nearly three-quarters of the maple syrup produced uniquely in North America.

As production ratchets up, business gets booming at a few hundred restaurant-style "cabanes a sucre" sprinkled around the province.

Louis-Robert Handfield, owner of the Auberge Handfield inn and an adjoining maple farm in Saint-Marc-sur-Richelieu, says locals embrace the season as a way of shaking off a winter's worth of cabin fever.

"I strongly believe people go to the sugar shack anticipating the coming of the spring," Handfield said.

And of course the traditional, heavy meal, all drowned in the sweet, sticky maple syrup.

Menus vary slightly among restaurants, but typically include pea soup with ham, maple-smoked ham and sausages, crisp pork rinds, baked beans, eggs and fresh bread. It's topped off with desserts like deep-fried dough, sugar pie, doughnuts and crepes.

In recent years, a handful of establishments, including Handfield's, have started offering vegan, vegetarian and non-pork options.

"We had a lot of families who wouldn't come because one of the family members had a specific dietary requirement — be it vegetarian, vegan or without pork or lactose-free or gluten-free," he said.

Handfield says this will be third years he's offered items like tofu, vegetable polenta, green pea soup with mint, and baked trout in a soya-and-maple lacquer.

In addition, there's a chart at the table letting patrons know that regular shack staples such as boiled potatoes, coleslaw, marinated beets and pickles are available.

Tinkering with sugar shack menus may have caused a stir a decade ago, but there's no controversy here, Handfield assures.

The regular meal still accounts for 85 per cent of business.

Guests at Domaine Handfield sugar shack take a tractor ride through the forest, in Saint Marc-sur Richilieu, Que.

RYAN REMIORZ/THE CANADIAN PRESS

IF YOU GO

How to find them

There are plenty of sugar shack options within a short drive of major cities like Montreal or Quebec City. A partial list is available from Quebec's Tourism Department.

Special requests

If you're interested in vegetarian/vegan options, best to call ahead and reserve. Reservations are also needed for some of the smaller sugar shacks, but given the popularity, be prepared to wait in line.

"We offer both types of meals," Handfield said. "We make sure we don't touch the integrity of the traditions."

Some Quebecers see a trip to a sugar shack as part of their ancestral history.

"We come here every year and the meal is something we look forward to," Michel Menard said as he waited in line with his family at La Goudrelle, a sugar shack near Mont-Saint-Gregoire, south of Montreal.

"It's nice to get out to the country for some fresh air and also, it's as kid-friendly as it comes."

Many shacks offer a range of activities: traditional music, children's face painting, pony rides, tractor rides and petting zoos.

Aside from the meal, the other musts include walking through the maple forest to work off the meal.

And of course the maple taffy — known as "tire" in French, made from ladling boiling syrup on fresh snow and twirling it on to a Popsicle stick.

As for syrup production, the Federation of Quebec Maple Syrup Producers, which has about 7,300 members, says the season is a bit early this year in the southern part of the province.

Spokeswoman Caroline Cyr says a mix of colder, sub-zero nights and warmer days above freezing will dictate how producers do during what is roughly a six-week season.

"It really all depends on the weather," she said.

But that won't affect sugar shack season, which began the last weekend in February and should run until early May.

THE CANADIAN PRESS

metro SPORTS

FIFA says it paid Sepp Blatter $3.76 million in 2015, and also reported a loss of $122 million for a year blighted by scandal.

Karmali hopes for a happy homecoming

CIS BASKETBALL

Tour guide and point guard, Tiger brings it back to roots

Cam Tucker
Metro | Vancouver

Dalhousie's Adam Karmali returns to B.C. turf this weekend. JENNIFER GAUTHIER/METRO

For a brief time anyway, Adam Karmali turned tour guide in his return to Vancouver this week.

A point guard with the Dalhousie Tigers' men's basketball team, Atlantic University Sport champions from Halifax, Karmali grew up in North Vancouver and played his high school ball at Handsworth Secondary before his move clear across Canada, from one scenic coast to another.

So when the Tigers flew out west for this weekend's CIS Final 8 championship tournament at UBC, arriving Tuesday morning, it was Karmali — the only player from British Columbia on their roster — that got to show his teammates the sights of Vancouver in their small window of down time.

"It was Tuesday night, so it was pretty quiet," said Karmali.

The quiet time ended Thursday.

That's when the quarterfinal portion of the Final 8 tournament began, with the No. 6-ranked Tigers facing the No. 3-ranked Ottawa Gee-Gees.

The Tigers upset the Gee-Gees with a comeback 87-83 victory and will now face the Carleton Ravens in the semifinal round.

This year's tournament isn't short on provincial flavour.

Not only is the tournament at UBC — the ice hockey surface at Doug Mitchell Thunderbird Sports Centre was transformed into a basketball court — for the first time in 44 years, but there are also two teams and 24 players from B.C. competing to win a national title.

"I think basketball is just a growing sport in Canada," said Karmali.

"I know hockey's a bit expensive to play, right? So, a lot of parents are getting their kids into basketball and I think that's why it's evolving and really, a lot of great players are out of Ontario. They're now making the NBA, going first overall (Anthony Bennett and Andrew Wiggins in back-to-back years) and now all the kids want to get into basketball.

"Especially playing on the provincial team when I was in high school, Ontario would always win the nationals and it wouldn't even be close.

"B.C.'s saying we've got to really step up our game and we've got to try to compete with these guys once in a while because they clean us up every time."

> **B.C.'s saying we've got to really step up our game and we've got to try to compete with these guys once in a while.**
> Adam Karmali

HUSKIES ROLL

Dalyce Emmerson had 25 points to lead the second-ranked Saskatchewan Huskies past No. 7 Ottawa Gee-Gees 73-62 on Thursday at the Canadian university women's basketball tournament.

Kellie Ring led Ottawa with 19 points and eight rebounds. In other action, the Saint Mary's Huskies edged the Alberta Pandas 53-52. THE CANADIAN PRESS

David Ousted and the Whitecaps remain confident they can turn things around soon. DARRYL DYCK/THE CANADIAN PRESS

MLS

Whitecaps promise they will not panic

Given the expectations that accompanied the start of this season, the Vancouver Whitecaps find themselves in a surprising position after two games.

They have yet to win, with a 0-2 record after defensive letdowns in the first two weeks of the season. They now travel to Seattle to face Sounders FC on Saturday in the first derby match of their 2016 campaign. The Sounders are also in the curious position of being 0-2 to begin the season.

Something is likely going to give. But the Whitecaps, who this week stressed a need to improve defensively, tried to remain calm about their plight heading into the weekend. The reality is they could be 0-3 to begin this season, which started with the expectations for a lengthy playoff run.

"Two games in, to call it desperate teams is a little early. We're aware they definitely want to win as well. We want to get off to a better start and get on the board," said Whitecaps goalkeeper David Ousted earlier this week.

"But to panic now would be immature as a team. And I don't think we need to do that."

The Whitecaps will be without Canadian midfielder Kianz Froese, who was suspended one game for what the league deemed to be a "serious foul play that endangered the safety of opponent" Sporting Kansas City's Roger Espinoza last weekend.

CAM TUCKER/METRO

UNITED OUT

A stunning solo goal by Philippe Coutinho helped Liverpool to a 1-1 draw that eliminated great rival Manchester United from the Europa League, while titleholder Sevilla and tournament favourite Borussia Dortmund also reached the quarterfinals with ease on Thursday.
THE ASSOCIATED PRESS

NBA

Raptors' double act help down Pacers

DeMar DeRozan and Kyle Lowry each scored 28 points to lead the Toronto Raptors over the Indiana Pacers 101-94 in overtime Thursday night.

DeRozan had 10 points in the fourth quarter. He had a chance to win the game for Toronto at the end of regulation but missed a fade-away jumper on the wing as time expired. He's scored at least 25 points in five of Toronto's last six games.

Lowry added four assists and eight rebounds for the Raptors but also committed eight turnovers. Bismack Biyombo finished with 16 points and a career-high 25 rebounds. Paul George led the Pacers with 18 points and nine rebounds.

Playing their fourth game in five nights, the Raptors kept pace with conference-leader Cleveland. Indiana fell to 1-7 in overtime this season.
THE ASSOCIATED PRESS

Speedskater back on track

INJURY RECOVERY

Motorcycle crash nearly end of Denny Morrison

The result didn't matter to Denny Morrison. Stepping to the start line and racing did.

Less than a year after serious injuries sustained in a motorcycle wreck nearly ended not just his speedskating career but his life, the decorated Olympian raced a men's 1,000 metres at the Olympic Oval in Calgary.

It was in a Canada Cup — one level below a World Cup — and the final international speedskating event of the season.

Morrison owns four Olympic medals, including a team pursuit gold from 2010. He won silver in the 1,000 and bronze in the 1,500 in 2014 for Canada's only medals in long-track speedskating.

But the 30-year-old veteran from Fort St. John, B.C., admitted to feeling incredibly nervous in the 24 hours prior to Thursday's race.

"I was more nervous for this race than I was for the Olympics because nervousness can be associated very directly with your level of preparation," Morrison said.

"I felt like a junior. I didn't know how prepared I was for this race, I didn't know what my expectations were, I didn't know how hard to try and I didn't know what I was capable of."

Denny Morrison of competes in 2015 in the Netherlands. DEAN MOUHTAROPOULOS/GETTY IMAGES

> **So much patience was involved in getting here today.**
> Denny Morrison

His time of one minute 9.41 seconds surpassed his expectations and would have been good enough for fourth, but Morrison was disqualified.

He forgot to don Kevlar ankle protectors required in domestic competition, but optional in World Cup races. Morrison was unperturbed.

"I would much rather forget my ankle guards, in terms of getting rid of the rustiness, than forget to change lanes or toe in on the start line or to clip myself in the turn or fall or something like that," Morrison said.

"My time doesn't count, but ultimately I know what the time was and if it was a World Cup where I would stack up."

Along with a broken right leg, Morrison suffered a concussion, a punctured lung, a torn anterior cruciate ligament in his knee, bruised liver and kidneys and a small fracture in a bone near his spine when his motorcycle struck a left-turning car May 7 in Calgary.

The two people in the car did not require hospitalization. Morrison was issued a traffic ticket for failing to yield to a yellow light, for a fine of $155.

"So much patience was involved in getting here today, but I guess patience is something I've improved on in the last year," he said.

Morrison's silver-medal time in Sochi, Russia, was 1:08.43. Given how terrible his last lap felt Thursday, the former world champion was convinced he can get back to that level again with more time and training.

"My bread and butter is the last lap and today my opener was the best part of my race," Morrison said. "My last lap was dismal. I'm only going to improve from here."

Morrison has come back from major injury before and won Olympic medals. He broke a bone in his left leg while skiing just 14 months before Sochi.

He fell in the 1,000 at the Olympic trials, but teammate Gilmore Junio vacated his spot in the distance so Morrison could race it in Sochi. Morrison won silver and Junio ascended to folk-hero status in Canada because of his selflessness.

Morrison wrote an open letter this week to Canadian snowboarder Mark McMorris, who broke his femur Feb. 21 in a competition in California.

"If you work hard with your physio team and trust that setbacks are part of the process, I promise you will be able to compete again and perform at the highest level," Morrison wrote.

The speedskater said Thursday he hadn't yet received a reply from the snowboarder.

THE CANADIAN PRESS

IN BRIEF

Bettman fears TV flop

With the rare prospect of an all-American NHL postseason looming large, Gary Bettman hopes Canadians still tune in to watch the battle for the Stanley Cup

The NHL commissioner acknowledged in an interview there is a sense of uncertainty regarding TV ratings in Canada, with no Canadian teams likely to qualify for the playoffs for the first time since 1970.

THE CANADIAN PRESS

Panthers handle Leafs

Jussi Jokinen scored two strange goals to help the Florida Panthers to a 4-1 win in Toronto on Thursday night, further solidifying their Atlantic Division lead.

Jaromir Jagr and Teddy Purcell added empty-net goals for the Panthers.

Morgan Rielly scored for the Leafs, who had a two-game win streak snapped.

THE CANADIAN PRESS

Tough draw for U-20s

Canada has been given a stiff test in Group B with Nigeria, Japan and Spain for the FIFA U-20 Women's World Cup in Papua New Guinea in November.

Nigeria, the seeded team in the pool, was runner-up to Germany in 2014 and fourth in 2012.

The Canadian women made the U-20 World Cup quarter-finals as host in 2014, losing to Germany.

THE CANADIAN PRESS

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RECIPE Veggie Sloppy Joes

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

You won't miss the meat but will love the flavour upgrade of this classic comfort meal. Don't forget the napkins.

Ready in
Prep time: 10 minutes
Cook time: 30 minutes
Makes: 4 Sloppy Joes

Ingredients
- 1/4 cup olive oil
- 1 chopped onion
- 1 chopped red pepper
- 2 (14 oz) cans of black beans, rinsed
- 1 (14 oz) can of chick peas, rinsed
- 1 cup tomato sauce
- 2 Tbsp red wine vinegar
- 1 tsp maple syrup
- 1/4 tsp cumin
- 1/4 tsp chili powder
- 1/4 tsp paprika
- 1/8 tsp salt
- 1/2 cup shaved cheddar

Directions

1. In a large skillet, heat the oil over medium heat. Add the onions and peppers. Saute until the vegetables are softened.

2. Add the beans, tomato sauce, vinegar, maple syrup, cumin, chili powder, paprika and salt. Simmer for 15 minutes.

3. Serve on toasted whole grain bun and sprinkle with cheddar cheese.

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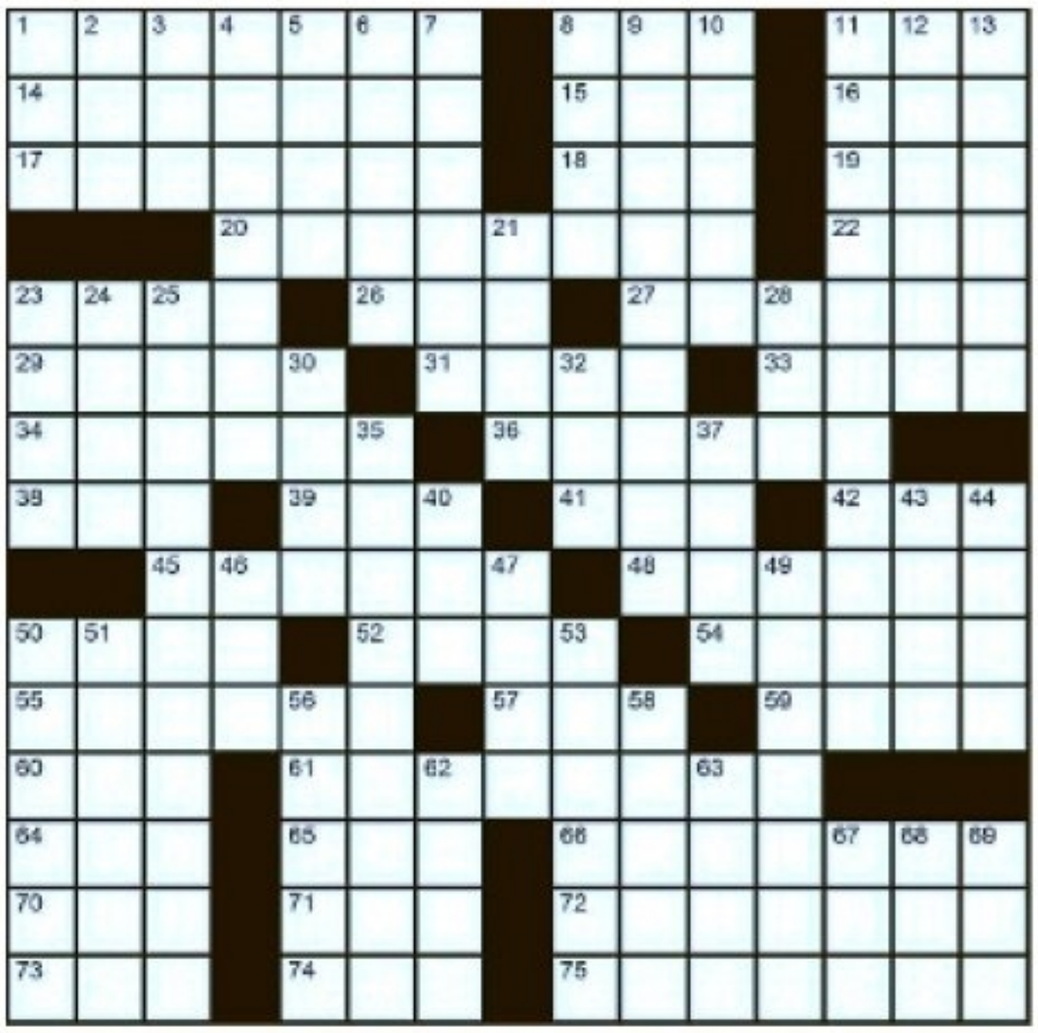
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Unwavering
8. Butterfly logo co.
11. Dripping on the tree bark
14. Tributes
15. Stock mkt. debut
16. _-la-la
17. Fashionable
18. Women's _ (1970s movement)
19. Bard's evening
20. Direct opposite as per North, to South
22. "Jeff _." (Mid-2000s Canadian comedy series)
23. Wee word
26. _ Lanka
27. Canadian actress Ms. Cuthbert
29. McIntosh middles
31. Pressure unit
33. Some parrots
34. New cop
36. "Easy there...": 2 wds.
38. Tolkien creature
39. Alkali
41. Business bigwig, briefly
42. Howdies
45. British actress, _ Bonham Carter
48. Weightlifter's pride
50. Howard of "Dallas"
52. Fair
54. Aired again
55. Improve
57. Li'l old MTV show
59. Mr. Beatty's
60. Do this at the auction
61. Canadian canned soup brand
64. Give it _ _ (Try)
65. "...and now, without further _..."
66. "_ Flame" by The Bangles
70. Snazzy auto
71. Hollywood's Mr. Howard
72. "The Beachcombers" star Bruno
73. _ Francisco
74. Lettered airline, once
75. British Invasion band

DOWN
1. Initials-sharers of Suzanne Somers' Canuck hubby
2. On the _ (Precisely)
3. Ms. Schumer
4. Victor _, Investigative Reporter on CTV's "W5"
5. Opposin'
6. Aeries
7. Casual top with jeans
8. Simon's co-member in Prozzak
9. Bug-built bugs capturer: 2 wds.
10. The _ Peace Prize
11. Howie Mandel played Dr. Wayne Fiscus on what 1982 to 1988 medical drama?: 2 wds.
12. "Think" singer Ms. Franklin
13. 'Giant' attractions at the Toronto Zoo
21. Subatomic particle
23. Land unit
24. Benefit
25. Sam Roberts song that goes "Been looking for peace but they're bringing you war.": 2 wds.
28. 1965 hit song, when doubled
30. Part of a window
32. Mythical bird
35. Makeup kit item
37. Pinot _ (Wine variety)
40. Antacid brand
43. Apple tablet
44. Taxpayers' IDs in The States
46. Mr. Wallach
47. Sparkling wine city of Italy
49. Big name in multivitamins
50. BBQ sizzlers, Shish _ [var. sp.]
51. 2001 Kate Winslet WWII-set movie
53. Canadian songstress Lindi
56. _-topper (Hit song)
58. Approach nighttime
62. _ fide
63. Italian saint, Philip _
67. Edward Snowden headlines org.
68. Communication syst.
69. '_' _ for Lethbridge

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
The Sun moves into your birth sign at the weekend, so don't worry if you are feeling a bit under the weather at the moment because you will soon be back to your best.

Taurus April 21 - May 21
If you feel the need to cut yourself off from those around you over the next few days then do so. It may seem rude but good manners are less important now than getting your head in the right place.

Gemini May 22 - June 21
Your recent hard work has not gone unnoticed. People are impressed by your attitude and there could be a promotion coming your way in the near future.

Cancer June 22 - July 23
The Sun crosses the career angle of your chart on Sunday, so it won't be long before you get the chance to move up in the world. But don't be tempted to cut corners.

Leo July 24 - Aug. 23
You may think you need to rip everything up and start again from scratch. But it isn't true and in fact would be a backward step. The good times will start in a matter of days, so be patient.

Virgo Aug. 24 - Sept. 23
You have spent far too much in recent weeks and if you carry on there may be nothing left. The good news is you will discover a new source of income very soon.

Libra Sept. 24 - Oct. 23
By the time the Sun enters your opposite sign of Aries on Sunday you should know for certain if a relationship is going to last or if it is best to go your separate ways.

Scorpio Oct. 24 - Nov. 22
The Sun's move into the work area of your chart in just a few days means you may need to take on new chores and responsibilities. But know when to say "no" — and mean it.

Sagittarius Nov. 23 - Dec. 21
Certain events may have upset you but there is no point dwelling on them. In a matter of days they will no longer matter. The Sun's change of signs on the 20th will cheer you up to no end.

Capricorn Dec. 22 - Jan. 20
The more you have been rushing here, there and everywhere in recent weeks, the more you must slow down and focus on matters closer to home. Give your full attention to partners and loved ones.

Aquarius Jan. 21 - Feb. 19
The past few weeks have not been easy but you stuck at your task and very soon you will get your reward. The pendulum is about to swing in your favour.

Pisces
Feb. 20 - March 20
By all means show sympathy for someone who is finding the going tough at the moment, and do what you can to help them.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	2				8		5	
5								6
	7		9				1	
6				1		9		
		4		3				8
	3				9		7	
8								4
	6		5				2	

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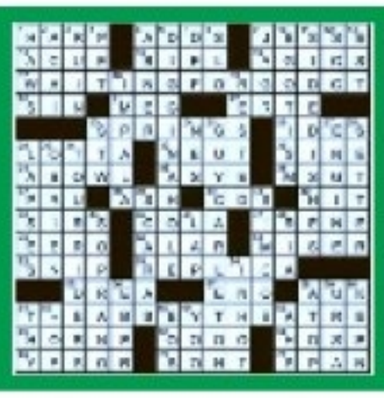

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4	9	7	5	3	6	8	1	2
6	2	8	4	7	1	5	3	9
7	8	6	9	1	3	4	2	5
5	4	2	7	6	8	1	9	3
9	3	1	2	5	4	6	7	8

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